

Hawai'i Coalition for Dads

# Hawai'i Dads (Makuakāne)

Vol. 7, No. 2 • 2010

## FATHERS MONTH in Hawai'i—June 2010

Father's Day is officially celebrated in countries around the world—on every continent but Antarctica. There are more than 64 million fathers in America, and one special day of the year when we can say “thank you” to all dads. The best way to celebrate is to simply spend time together.

**Saturday, June 19, 2010**

### CELEBRATE FATHERS Day—O'ahu

Hawai'i Coalition for Dads' 12th Annual CELEBRATE FATHERS Day was held on Saturday, June 19th at Windward Mall in Kaneohe on Oahu. This event celebrated “June is Father's Month”—proclaimed by Governor Lingle, Honolulu Mayor Hannemann, and the Honolulu City Council.

HCD's CELEBRATE FATHERS Day included a Father-Child Look-Alike Contest and family entertainment (Kahalu'u Elementary School Ukulele Band, Tahitian dance and hula by Mehetia Productions, and a balloon artist).

The Father-Child Look-Alike Contest prizes: 1st—\$400 in SEARS Gift Cards and a Sony PlayStation 2 (with games); 2nd—\$200 in SEARS Gift Card; 3rd—\$125 in SEARS Gift Cards.

Family-friendly activities and information were provided by Hawai'i Coalition for Dads, PACT-Early Head Start/Head Start, Kathy's Parenting Solutions, Ke Ola Mamo (*Native Hawaiian Health Care Systems*), Keiki O Ka 'Aina Family Learning Centers, Navy Fleet & Family Support Center, TIFFE (*The Institute for Family Enrichment*), and YMCA. ~HI Dads~



**Andre Jr. and Andre Logan,**  
Father-Child Look-Alike  
Contest Winners  
(Windward Mall photo)



*The Father-Child Look-Alike contestants were rallied at Windward Mall by emcee Dan Yahata (r.)—HCD Volunteer.*

## Read President Obama's 2010 Father's Day Message

“The Most Important Job”: <http://www.whitehouse.gov/blog/2010/06/20/most-important-job>. ~HI Dads~



Saturday, June 12, 2010

## Celebration of Fatherhood—West Hawai'i



It was fun, fun and more fun for 200 fathers and their families at a Celebration of Fatherhood, on Saturday, June 12, 2010, at the Swing Zone—an outdoor venue near the Old Kona Airport Park.

This was the 6th annual free fatherhood event sponsored by Family Support Services of West Hawai'i's Na Makuakane Maika'i O Hawai'i fatherhood program ([www.fsswh.org/](http://www.fsswh.org/)).

Activities included use of the batting cages, mini-golf, Tsunami Water Slide, Slip-N-Slide, and a dunking-booth (the line to get dunked was as long if not longer than the line to throw the ball

at the target.) A gourmet chili and rice lunch, hotdogs, and shaved-ice was included.

Ono kind Hawaiian music was provided by Bruddha Matt, Pancho Man, and Pomikai Brown. Fathers active in the program received certificates acknowledging their participation and support of a strong father role model. A wide variety prizes were handed out to the children and families.

Informational displays were provided by FSSWH's Early Head Start program and community partners Malama I Na Keiki, Hui Malama Na Oiwi, American Cancer Society. The Hawai'i Community Health Center conducted blood pressure and blood glucose checks. ~HI Dads~







**Saturday, June 19, 2010**  
**Kaua'i Dads bowl to  
"Celebrate the Joys  
of Fatherhood"**

Energetic fathers and their keiki rolled their way to a fun afternoon at the free bowling party on Saturday, June 19, 2010 at the Lehue Lanes—sponsored by the Kaua'i Dads' Coalition with funding from Kaua'i County.

"June is Father's Month in Hawai'i, so it's a great time to highlight the contributions that a father makes to his children's lives," said Kaua'i Mayor Bernard Carvalho, Jr. in a news release promoting the event. "I encourage dads to join us for a free game of bowling with their keiki, and



at the same time pick up informational brochures on resources available for fathers." Mayor Carvalho served four years as Kaua'i's Commissioner on the Hawai'i State Commission on Fatherhood (HSCF).

Elwood Machado—Kaua'i current HSCF Commissioner—coordinated the bowling event for the Kaua'i Dads' Coalition. "We want to bring dads from across the island together, plan future father-child focused events, discuss best practices in programs and services for fathers, and maybe even recommend public policies and practices that support fathers," said Machado.

For more information about the Kaua'i Dads' Coalition, contact Elwood Machado at 808/652-2726.

*~HI Dads~*

**Club Pearl—Saturday, April 3, 2010**

**Father-Daughter  
Dance at Pearl Harbor**

More than 600 fathers and daughters partied at the 3rd Annual Father-Daughter Dance at Club Pearl in Pearl Harbor on Saturday, April 3, 2010.

The Navy Fleet and Family Support Center, Hawai'i Coalition for Dads, and Navy Region Hawaii Morale, Welfare and Recreation sponsored the event (coordinated by Chet Adessa, HCD volunteer Chair).

Source: *Hawaii Navy News*

([www.hawaiinavynews.com/node/1173](http://www.hawaiinavynews.com/node/1173)).



*~HI Dads~*

## Dealing with a Picky Eater

Can't get your kids to eat anything? We've got some practical strategies to keep you sane at dinner time - and they might help you develop healthy habits, too!

**Give Kids Choices.** Don't just ask "what do you want to eat?" Give your kids several, healthy choices. Often when kids refuse to eat (particularly toddlers), they are exercising their will and doing what they can to control the situation. Guide your kids with good choices, like choosing between pretzels and a banana.

**Don't Keep Junk Food In Stock.** Don't let junk food be an option. This will provide less temptation for the whole family. A treat every once in a while is ok, but try to indulge outside the house.



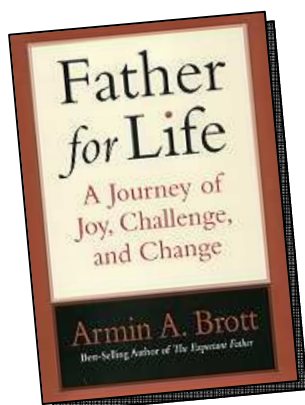
**Set a Good Example.** The eternal truth of parenting - your kids will do what they see you and mom do, not just what you tell them. Bonus: your waistline will benefit, too!

**Go Easy on Snacks.** Your child may be refusing to eat because she/he is not hungry at meal time. Cut down on snacks before a meal so your kids are nice and hungry for a meal.

**Make It a Team Effort.** Make sure you're on the same page with mom and other caretakers. If the policy is no snacks within an hour of dinner, don't give in! Your child needs consistency and will learn how to "work the system" to get what he/she wants.

**Everything in Moderation.** You don't have to ban all chocolate and never let your child eat pizza. Your child will most likely have a hard time dealing with an extreme, so let them indulge in some of life's little sugary pleasures—just make sure the healthy options outweigh the sugar and fat.

Need more ideas for keeping mealtime tantrums to a minimum? Checkout these guidelines from the Mayo Clinic at: [www.mayoclinic.com/health/childrens-health/HQ01107](http://www.mayoclinic.com/health/childrens-health/HQ01107). ~HI Dads~



**FATHER FOR LIFE**—illustrated throughout with New Yorker-style cartoons that underscore the universality of the joys and woes of parenting—is brimming with insights and advice, and is an indispensable, lifelong guide, not only for every dad, but for every mom and child as well (goto: [www.mrdad.com](http://www.mrdad.com)). ~HI Dads~

**Shawn Bean: "The stay-at-home dad population is growing...."**

## Meet The Modern Dad



*"Several societal factors are forcing modern parents to redefine gender roles and change what it means to be "mom" and "dad." What it means to be a modern dad in 2010, and what moms really think of him"* (Excerpts from "Meet the Modern Dad" at [www.parenting.com](http://www.parenting.com)).

"...The stay-at-home dad population is growing, and a lot of guys want a piece of the action.

"More fathers than ever are participating in their children's nurturing and upbringing. A fair bellwether for that statement is the ever-increasing population of stay-at-home dads. According to the U.S. Census Bureau, 105,000 fathers stayed home to care for their families in 2002. Six years later, that figure jumped 33 percent to 140,000.

"Of course, that number does not include fathers who work from home either full time or part time, or same-sex couples who have adopted. Nor does it include the recent trend of more men than women being laid off during the recession, a likely contributor to the stay-at-home dad population.

"Let's not forget the dads who *wish* they were home. In 2007, Careerbuilder.com conducted a survey of 1,521 working dads and found that roughly 37 percent said they would leave their job if a spouse or partner made enough money to support their family; 38 percent would take a pay cut to spend more time with their children. In a survey conducted by the NFI [National Fatherhood Initiative; [www.fatherhood.org](http://www.fatherhood.org)], men were asked to specify the biggest obstacle to being a good father. Nearly half of all respondents said 'work responsibilities....'"

Source: Parenting ([www.parenting.com/article/Mom/Relationships/Meet-The-Modern-Dad/1](http://www.parenting.com/article/Mom/Relationships/Meet-The-Modern-Dad/1)) ~HI Dads~

## Be a Facebook "Fan" of the Hawai'i Coalition for Dads...go to:

<http://www.facebook.com/pages/Honolulu-HI/Hawaii-Coalition-for-Dads/150152294018?ref=search&sid=1675271352.3845895351..1>.



## Join KANU DADS at:

[www.kanuhawaii.org/group/?id=12266974853243](http://www.kanuhawaii.org/group/?id=12266974853243). ~HI Dads~

## Support the Hawai'i Coalition for Dads.

*Help promote involved, nurturing, responsible fatherhood in Hawai'i.*

- ☐ Please keep me informed about the activities of the Hawai'i Coalition for Dads.
- ☐ I would like to volunteer to help; contact me.
- ☐ Here is my contribution. \$ \_\_\_\_\_

~ Your donations are tax-deductible. ~

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Please make your check payable to: **Hawai'i Coalition for Dads/PACT** Phone: 841-2245

...and send it to: 1485 Linapuni St. #105; Honolulu, Hawai'i 96819

E-mail: [HawaiiDads@pacthawaii.org](mailto:HawaiiDads@pacthawaii.org)



## Hawai'i Coalition for Dads

*Promoting involved, nurturing, responsible fatherhood*

c/o PACT / Hana Like  
1485 Linapuni St. #105; Honolulu, Hawai'i 96819  
808/841-2245; fax 842-9604

E-mail: [HawaiiDads@pacthawaii.org](mailto:HawaiiDads@pacthawaii.org)

Internet: [www.HawaiiDads.org](http://www.HawaiiDads.org);  
[www.pacthawaii.org/hcd.html](http://www.pacthawaii.org/hcd.html)

- *HCD Kaua'i*: Bernard Carvalho, 241-4419
- *HCD Molokai*: Claud Sutcliffe, 553-3844

### Steering Committee

Chet Adessa, *Chair*

Greg Farstrup, *HCD Coordinator; HI Dads Editor*

Kathy Bentley	Gordon Miyamoto
Myrna Murdoch	Don Piburn
Alan Sunio	Diane Tabangay
Dan Yahata	

*The Hawai'i Coalition for Dads, with funding from the HMSA Foundation under the umbrella of Parents And Children Together (PACT), is a group of individuals and organizations that shares information about services to fathers and promotes involved, nurturing, responsible fatherhood.*

### **GOALS:**

1. To enhance the ability of Hawai'i's children to grow in peaceful and safe environments.
2. To increase community awareness about fatherhood.
3. To promote the availability and accessibility of quality, father-centered community resources.
4. To advocate for informed public policy regarding fatherhood.
5. To strengthen community collaboration in support of fatherhood.
6. To respect and honor everyone's unique role in children's lives.

## **Fatherhood & Family Resources**

1. **Hilo**: YWCA of Hawaii Island (Healthy Start) (961-3877; [ywcahawaiiisland.org](http://ywcahawaiiisland.org))
2. **Kailua-Kona**: Family Support Services of West Hawai'i (326-7778; [fsswh.org](http://fsswh.org))
3. **Kaua'i**: Nana's Place/Child and Family Service (338-0252; [cfs-hawaii.org](http://cfs-hawaii.org))
4. **Maui**: Fatherhood Program—Maui Family Support Services (242-0900; [mfss.org](http://mfss.org));  
Neighborhood Place of Wailuku (986-0700); Maui Economic Opportunity (249-2990; [meo.org](http://meo.org))
5. **Molokai**: Mediation Center of Molokai (553-3844)
6. **Oahu (and statewide)**:  
Hawai'i State Commission on Fatherhood ([www.hawaii.gov/dhs/fatherhood/fatherhood](http://www.hawaii.gov/dhs/fatherhood/fatherhood))
7. TIFFE (Nurturing Fathers; Playgroups) (596-8433; [www.tiffe.org](http://www.tiffe.org))
8. PACT (Family Centers; Hana Like; Head Start; Family Peace Center) (847-3285; [www.pacthawaii.org](http://www.pacthawaii.org))
9. Navy Fleet & Family Support Center (Boot Camp For New Dads) (474-1999; [www.greatlifehawaii.com](http://www.greatlifehawaii.com))
10. PARENTS (235-0488); 11. Kathy's Parenting Solutions (352-3303; [kathysparentingsolutions.com](http://kathysparentingsolutions.com))
12. The Baby Hui (groups for Dads, and Moms) (735-2484; [thebabyhui.org](http://thebabyhui.org))
13. The Parent Line (Info & Referral) (526-1222; [www.theparentline.org](http://www.theparentline.org))
14. AUW – 211 ([auw.org/211](http://auw.org/211))
15. HPIRC (HI Parental Information & Resource Centers) (841-6177; [hawaiiipirc.org](http://hawaiiipirc.org))
16. DOE Family Support (PCNC; Families for R.E.A.L.; VISTA) (733-4476; [familysupport.k12.hi.us](http://familysupport.k12.hi.us))
17. SPIN (Special Parent Information Network) (586-8126; [spinhawaii.org](http://spinhawaii.org))
18. Big Brothers Big Sisters (support for single Dads, and Moms) (521-3811; [bigshonolulu.org](http://bigshonolulu.org))
19. Salvation Army Father Advocacy Services (739-4971)
20. Good Beginnings Alliance (Playgroups) (531-5502; [goodbeginnings.org](http://goodbeginnings.org))
21. Tutu and Me (traveling preschool for Hawaiian families) (524-7633; [tutuandme.org](http://tutuandme.org))
22. Queen Lili'uokalani Children's Center (Hawaiian families) (847-1302; [qlcc.org](http://qlcc.org))
23. ALU LIKE (Hawaiian families) (535-6700; [alulike.org](http://alulike.org))

**Religious resources:** Contact your place of worship...church, temple, synagogue

### Internet Resources (check on their "Links," too):

1. **mr.dad** ([mrdad.com](http://mrdad.com))
2. **fathers.com** ([fathers.com](http://fathers.com))
3. **Nurturing Father** ([nurturingfathers.com](http://nurturingfathers.com))
4. **Nat'l Fatherhood Initiative** ([fatherhood.org](http://fatherhood.org))
5. **ParentingTime.net** ([parentingtime.net](http://parentingtime.net))